



CITY OF ALBUQUERQUE BERNALILLO COUNTY
DEPARTMENT OF SENIOR AFFAIRS



Let's Do Lunch!

October 2016

Monday	Tuesday	Wednesday	Thursday	Friday
3 Bratwurst w/ Peppers & Onions Red Rosemary Potatoes Brussel Sprouts Sliced Apples 1% Milk	4 Baked Macaroni & Cheese Italian Vegetables Bread Stick w/ Margarine Peaches 1% Milk	5 Stuffed Bell Pepper Mashed Potatoes w/ Gravy Crinkle Cut Carrots Dinner Roll w/ Margarine Bread Pudding 1% Milk	6 Carne Adovada Pinto Beans Squash Tortilla w/ Margarine Mandarin Oranges 1% Milk	7 CLOSED DEPARTMENT RETREAT
10 Salmon w/ Lemon Butter Sauce Sweet Potatoes Baby Carrots Wheat Roll w/ Margarine Grapes 1% Milk	11 Baked Ziti Green Beans Crescent Roll w/ Margarine Apple Cobbler 1% Milk	12 Turkey w/ Gravy Wild Rice Beets Wheat Bread w/ Margarine Pear 1% Milk	13 Chicken Tenders w/ Low Fat Ranch Dressing Buttered Noodles Spinach Dinner Roll w/ Margarine Banana Pudding w/ Vanilla Wafers 1% Milk	14 Bacon Green Chile Burger Oven Fries Zucchini Chocolate Chip Cookie 1% Milk
17 Turkey Corndog Au Gratin Potatoes Broccoli & Cauliflower Sliced Peaches 1% Milk	18 Pork Stir- Fry Fried Rice Brussel Sprouts Crescent Roll w/ Margarine Pineapple Chunks 1% Milk	19 Frito Pie Tater Tots w/ Ketchup Asparagus w/ Garlic Wheat Bread w/ Margarine Mandarin Oranges 1% Milk	20 Rice, Chicken & Cheese Casserole Oriental Blend Vegetables Corn Bread w/ Margarine Jell-O w/ Fruit 1% Milk	21 Spaghetti w/ Meat Sauce Italian Vegetables Wheat Bread w/ Margarine Warm Pear Slices 1% Milk
24 Pork Chop w/ Caramelized Onions Stuffing w/ Apples & Raisins Broccoli Dinner Roll w/ Margarine Fruit Cocktail 1% Milk	25 Red Chile Cheese Omelet Hash Browns Stewed Tomatoes Wheat Bread w/ Margarine Peaches w/ Cinnamon 1% Milk	26 Pollock w/ Tartar Sauce Rice Pilaf Succotash Crescent Roll w/ Margarine Grapes 1% Milk	27 Green Chile Chicken Lasagna Green Beans w/ Mushrooms Tortilla w/ Margarine Warm Chocolate Cake w/ Powdered Sugar 1% Milk	28 BBQ Brisket Sandwich Baked Beans Glazed Carrots Pumpkin Mouse 1% Milk

We reserve the right to alter the menu to meet food availability.

Diabetic clients should not be given sugar and bread; only upon request.